

EMPOWER



GET YOUR
BIGGEST



WITH YOUR
NUTRITION BUCKS!

May 3, 2014



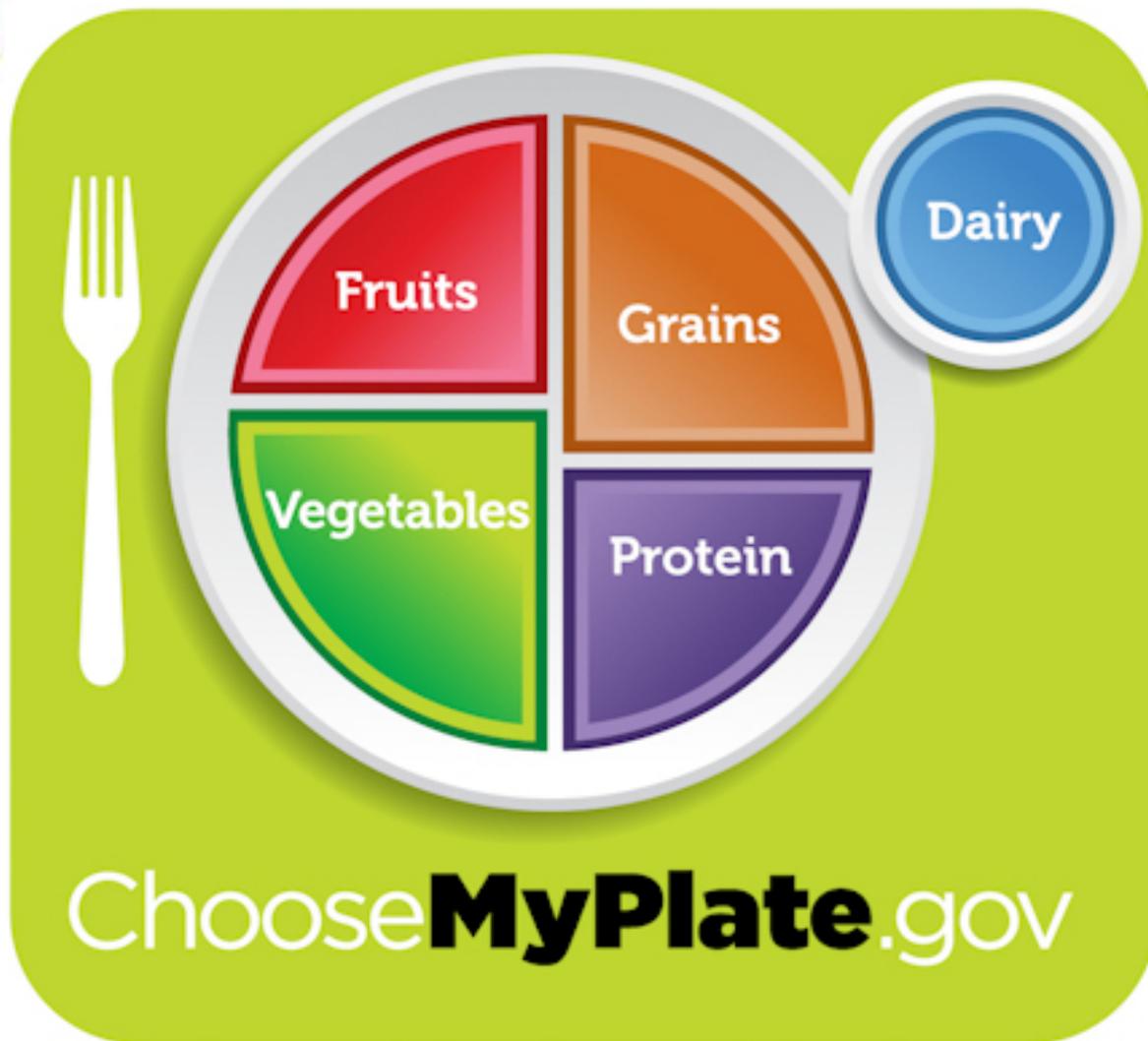


Objectives

- Be able to implement Standard 4 and 5 with your resources
- Create the “nutrition environment” to empower children to eat healthy foods
- Be a Superhero in Action for Healthy Eating!



The **WHAT**: Healthy Plates





The **WHAT**: Healthy Plates

- CACFP
 - www.azed.gov/health-nutrition/cacfp/
- Licensing Rules and Regulations
 - www.azdhs.gov/als/childcare/rules/





Standard 4: Child and Adult Care Food Program

- Determine whether your site is eligible for CACFP and participate if able



Guidebook: pg. 23



CACFP

- Benefits of Participating
 - Reimbursement to improve your current menus with healthy food
 - Keep cost of tuition more affordable
- How to Determine Eligibility
- Contact
 - www.azed.gov/health-nutrition/cacfp
 - 1800-352-4558



Meal Pattern

CFR 226.20 (a), (b), & (c)

- Children
 - Ages 1-2 years
 - Ages 3-5 years
 - Ages 6-12 years
- Infants
 - Birth through 3 months
 - 4-7 months
 - 8-11 months

Milk

7 CFR 226.20

- The milk component must be pasteurized and:
 - 12 months - 23 months – Whole Milk
 - 24 months and older – 1% or Skim
 - Chocolate/strawberry milk is a high-sugar item
- Milk must be served at breakfast, lunch & supper



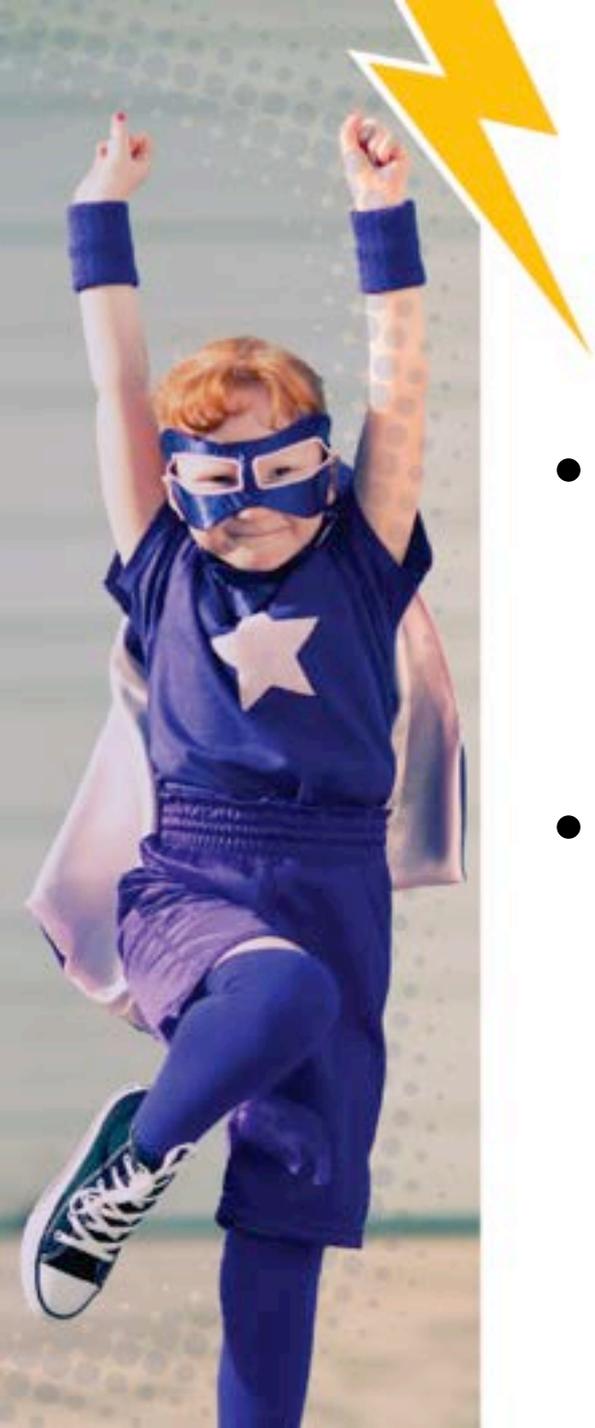


Water

- Children get busy playing and forget to drink water
 - Water must be made available throughout the day
 - Offer during snacks instead of milk or juice

Creditable vs. Non-Creditable Foods

- Creditable – Foods that may be counted toward meeting the requirements for a reimbursable meal
- Non Creditable – Foods that **cannot** be counted toward the meal pattern requirements. May be served as “extras”





High Sugar/High Fat Items

- No more than two high-sugar items per week
 - Per menu, not per meal
 - Can be served only during breakfast and snack
- No more than two high-fat items per week
 - Per menu, not per meal
 - Limit does not include high-quality items such as cheese and peanut butter



High Sugar/High Fat Items

- CACFP Nutrition Calculator

<http://www.ade.az.gov/cacfpnutritioncalculator/>

Menu Planning

- Consider color

☺ Chicken breast – broccoli – rice – strawberries, milk

INSTEAD OF

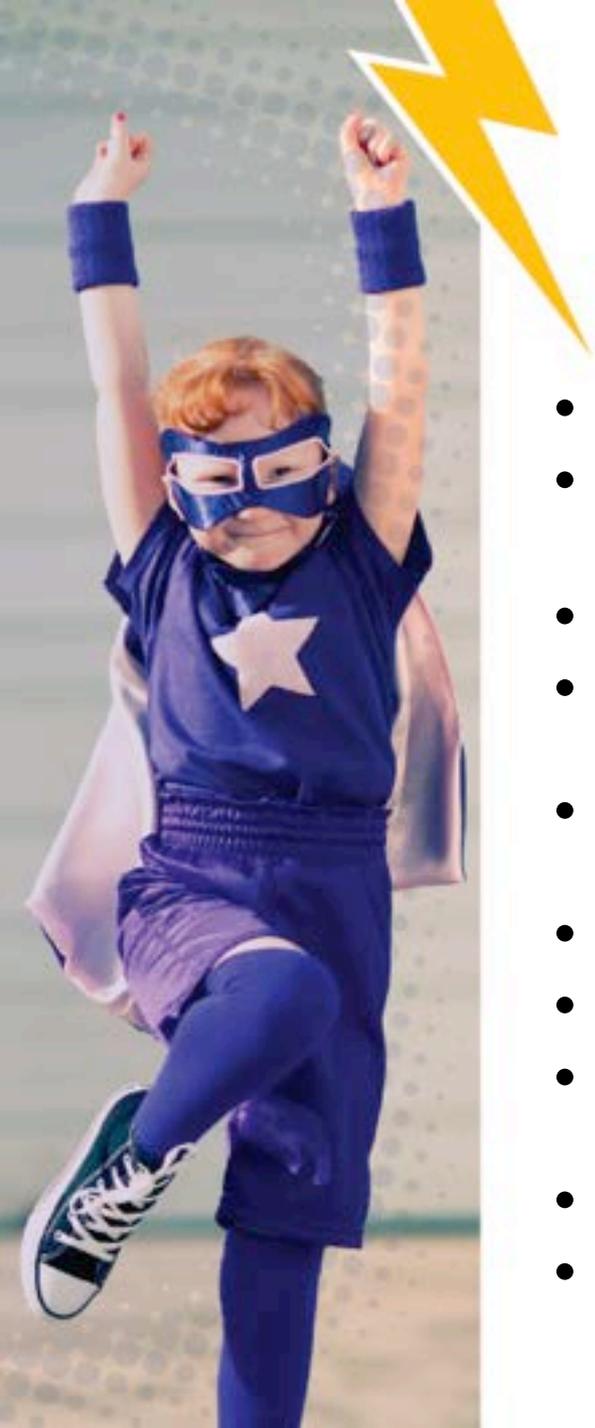
☹ Fish, cauliflower, wheat bread, applesauce, milk

- Consider variety

- Cycle menus must be at least a four-week cycle menu

- Entrees cannot repeat in a four-week cycle
- ADE 5-Week Cycle Menu





Menu Planning Checklist

- Are the required meal pattern components met?
- Do menus list all meal components?
 - “Mixed ” dishes are specific.
- Do meals offer a variety of textures? colors? nutrients?
- Are high-sugar and high-fat items limited to no more than twice per week? Served only at breakfast and snack?
- Are CN labels available for all processed or convenience foods?
- Are recipes on file for homemade items?
- Is juice served no more than twice per week?
- Is the same entrée served more than once in a four week cycle?
- Are new foods introduced?
- Menus must be posted in public view



Special Dietary Needs

- USDA regulations require special meals be provided to a **disabled** child whose condition requires special medical foods, food substitutions, or textural modifications
 - Documentation regarding child's disability and modifications required must be provided by a **licensed physician** and maintained in files on site

Medical Statement

- A medical statement is required for all dietary modifications
- The statement must be kept on file and must include:
 - Identification of the medical or other special dietary condition which restricts the child's diet
 - The food or foods to be omitted from the child's diet
 - The food or choice of foods to be substituted



Milk Substitutions

- Children who cannot consume fluid milk due to special dietary needs (e.g. lactose intolerant), other than a disability, may be served non-dairy beverages in lieu of fluid milk.
 - Parents or guardians must request, in writing, non-dairy milk substitutions
 - No medical statement necessary
 - The non-dairy beverage must be nutritionally equivalent to milk 7 CFR 210.10 (m)(3)





Milk Substitutions

The following meet CACFP requirements:

- 8th Continent Soymilk (original, vanilla & light chocolate)
- Pacific Natural Ultra Soy Milk (plain & vanilla)
- Kikkomon Pearl Organic Soymilk (creamy vanilla & chocolate)
- Great Value Original Soy Milk
- Kirkland Organic Plain Soy Milk



Variations in Meal Pattern for Religious Reasons

- ADE may approve variations in meal patterns to meet religious needs. If a center wants to serve meals that vary from USDA Meal Patterns, you must submit an alternate meal pattern with justification for approval

Infant Feeding

- Centers must purchase and offer all required meal components
- CFR 226.20(b)(2) - States formula and breast milk provided by the parent contribute to a reimbursable meal when the center provides at least one component.
 - If the mother comes into the center to breastfeed her child, the meal is not reimbursable, unless she is a staff member
- Meals are NOT reimbursable if parent/guardian provides all components for 8-11 month infants
 - The center must provide at least one component





Frequently Asked Question

- Are meals served to a child who just turned one year old reimbursable if they contain infant formula?



Frequently Asked Question

- If a physician prescribes whole cow's milk as a substitute for breast milk or formula for an infant under 12 months of age, are meals reimbursable?



Frequently Asked Question

- If a mom brings in the formula and all of the baby food for a child 8-11 months old, can that meal still be claimed?



Standard 5: **Fruit Juice**

- Limit Fruit Juice to no more than two times per week
 - When you serve juice
 - 100% with no added sugar
 - Only during meals and snacks
 - Portions:
 - 0 - 11 months: None
 - 1 - 5 years: $\frac{1}{2}$ cup
 - 6 + years: $\frac{3}{4}$ cup





Questions and Discussion

<http://www.azed.gov/health-nutrition/cacfp/>

Specialist of the Day

(602) 542- 8723